

#### THERAPEUTIC RECREATION SERVICES



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Visit our Website at:

www.sandiego.gov/park-and-recreation/activities/trs/



### CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT THERAPEUTIC RECREATION SERVICES

The City of San Diego Park and Recreation Department, Therapeutic Recreation Services, provides therapeutic recreation programs for children and adults with any type of disability. Certified Therapeutic Recreation Specialists (CTRS) work with participants on social and recreational skill development, leisure education, appropriate behavior, and recreation participation in inclusive environments.



#### RECREATION SPECIALISTS

Jenny Cavellier Lauren Council, CTRS Nick Hurd Marisol Mendoza Juan Razo

#### RECREATION LEADERS

Gerald Cunanan Kira Duffet Janet Estrada Lesly Farjado **Lindsey Hollis** Jessica Johnson Daniel Kimpel Mark Leo Nicole Moncado Monica Olivan Cheryl Pawlak, CTRS,RTC Noor Raffed Alexis Suseberry RoShawn Tapps Lauren Turner **Terrence Turner Dallin Young** Jennifer Walsten

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#### WHERE TO START/GET INVOLVED!

**Mission Statement:** The City of San Diego Park and Recreation Department, Therapeutic Recreation Services, is committed to providing innovative, inclusive, accessible and affordable recreation programs which enhance the health, well-being, and quality of life for all persons with disabilities.

**Get Involved:** Programs are available for individuals, ages 3 to adult, with or without a disability. Call the office at **619-525-8247** to set up an assessment with a Recreation Specialist. This assessment will help place you or your child in the appropriate group to begin attending programs. We look forward to hearing from you!

#### ONLINE REGISTRATION/PAYMENT PROCESS

SPRING registration begins February 20 and SUMMER registration begins May 14

Please note: Checks can no longer be mailed into the office. Payment can be done with a credit card online from home/a neighbor's computer, or at the War Memorial Building (3325 Zoo Dr., San Diego) room 6, Monday-Friday between 8:30 a.m. and 4:30 p.m. A credit card, check or cash (exact change needed) can be utilized when paying in person. There is an additional \$2.00 transaction and credit card fee that will be applied to all registrations.

To be eligible for program participation you <u>must create a profile online</u> using the Online Activity Registration System. Log on at <u>SDRecConnect.com</u>. <u>The War Memorial Building will be open from 10 a.m.-2 p.m. on Saturday, February 20th to assist with registration.</u>

First Time Online Customers - Click "Create an Account". Fill out New Account Request form completely for the primary responsible person, usually a parent or head of household, including all required fields, (Birth date, Gender, Email Address, etc.) and click Submit (or Submit & Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link! Note that it's possible this email will go to your "spam" folder, so check carefully. To avoid duplication, be sure to let others in your household know you've set up the account.

**Returning Customers** - (people who have an existing account online). Click the "Sign In" or "My Account" button. Enter your login (email address) and password.

**Important!:** If you are registering a child for an activity, please do not use the child's information when completing a New Account. Adding family members after creating an account can be completed later.

When registering for programs online, you will need the "CODE", which is listed by all the programs in the newsletter. If you do not have an email, or you are requesting a scholarship, you will need to register and pay for programs at the office. For programs that online registration is not available, for assistance setting up your profile or other questions, call (619) 525-8247. TRS staff and volunteers are here to help!

#### LATE PICK UP FEE POLICY

It is imperative that participants are picked up on time. If you are running late, call the leader in charge to inform them of when you will be arriving.

Regardless of cause for late pick up, a \$15.00 fee will be assessed (after a 15 minute grace period) and an additional \$5.00 fee for every additional 5 minutes thereafter.

#### TRANSACTION FEES/REFUND POLICY

Requests for refunds, transfers or cancellations will be allowed with a minimum of two weeks notice <u>and</u> if we are able to find a replacement. Refunds will only be credited for transactions of \$10.00 or more. Refund checks must be picked up in the office during normal business hours. For online registrations: \$2 transaction fee and a 3% processing fee will be charged for every transaction and the fees are nonrefundable. For in-house registrations: \$2 transaction fee will be charged for every transaction and the fee is nonrefundable.

#### **NEW TR\$ TEAM MEMBER\$!**











Nicole graduated SDSU as an aspiring physical therapist hoping to specialize in the gait cycle to reteach people how to walk, and loves using her creativity to plan fun events that everyone can enjoy. Lesly joins us from the San Diego Unified School District where she has worked as a Special Education Technician. Lauren Turner works in recreation with the YMCA. Kira is a full-time student at SDSU studying Child and Family Development. Terrance also joins us from San Diego Unified where he works as a Special Education Technician.

> My name is **Nancy Rios**, I am currently an intern at TRS. I am attending Fresno State and plan to graduate in May 2016. My favorite hobbies are running, exercising and enjoying the beach. I also love spending time with family and helping others!

My name is Yanett Maravilla, I'm a Fresno State University student obtaining my degree in Therapeutic Recreation and will graduating in May 2016. I love spending my time with friends and family. Mainly my experience has been working with children, but I'm really excited about gaining experience with



adults as well. I look forward to spending an exciting semester in San Diego and meeting everyone!

#### STAFF SPOTLIGHT

Jennifer U Jennifer has been with the City of San Diego for seven years. She is known for seeking out those participants who have a harder time fitting in to programs and helping include them with peers and in activities. She puts her heart into her work with

Therapeutic Recreation and we are lucky to have her on our team.



#### Why did you want to work at TRS?

"For my son, Justin (age 16) who has Down Syndrome."

#### What is your favorite moment working at TRS?

"I was working inclusion at the Del mar Fair with a young lady who had never seen farm animals. I talked to the owners of the animals and she got to pet and brush them. We did not leave the barn that day. Her mom said she talked about it all night."

#### What is your favorite hobby outside of work?

"Spending time with family at the zoo and animal rescue."

What was the best vacation you've ever taken?

"Kansas and the one not taken yet."

#### What is a fun fact about yourself?

"I grew up on a city farm, I was in 4-H and FFA and was an honorary thespian in the International Thespian Society." What is your advice to new volunteers and staff at TRS?

"Stop. Take a breath. Look. Listen. Let them make a decision, not you make one for them."

#### **PARK DE LA CRUZ UPDATE**

Everyone has been patiently waiting for the opening of Park de la Cruz (3901 Landis St., San Diego), where Therapeutic Recreation Services (TRS) will have the opportunity to expand recreational opportunities for people with disabilities, through the availability of an adaptive weight room, community recreation room, ball field, playground and gymnasium.

Due to necessary renovations to Park de la Cruz's main building, TRS will continue offering programs at the War Memorial Building until these renovations are complete, which is scheduled for the Fall/Winter of 2017.

We are excited about the opening of Park de la Cruz Gymnasium, which is scheduled to open this Spring, so TRS will be utilizing the gymnasium for some upcoming activities. Please stay tuned and we appreciate your patience.





**Rachel Goldbaum** 



**Brunch with Santa (December 19, 2015)** 

#### **DONOR APPRECIATION**

DSAC and TRS are very appreciative of individual and agency donations. With this financial assistance, we are able to continue to provide quality programming and improve the lives of individuals with disabilities through recreation.

Brunch with Santa on December 19, 2015 was a huge success with 77 children receiving gifts from Santa. Thank you to *San Diego Gas & Electric* for donating \$750.00, truly contributing to a magical day for all of those in attendance. In addition, the following sponsors contributed to the success of this event: *Big Lots, Costco, Home Depot, McDonalds, Panera, Ralphs, Starbucks, The Cravory.* 

TRS recently received a brand new handcycle from *Athletes Helping Athletes*, which will be enjoyed by many participants at the biweekly handcycle program (see page 18).

Lastly, thank you to Rachel Goldbaum and friends for your generous donations to Independent Club activities. Donations were made in lieu of gifts at Rachel's birthday celebration!



Thank you to Athletes Helping Athletes!



Please contact Kristi Fenick at kfenick@sandiego.gov or (619) 533-6333 for sponsorship and/or donation inquiries. All donations to DSAC are tax deductible.

#### **DSAC CORNER**

Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation Services. Their purpose is to offer support and promotion of quality activities, act as a liaison between the department and the community atlarge, administer contract programs for persons with disabilities, and provide public relations and fundraising support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, and other interested individuals. advocates, Meetings are held on the 2nd Wednesday evening of each month, at 6:00 p.m. in room 1 at the War Memorial Building. Agendas and minutes are posted in Room 6 at the War Memorial Building. Please call Kristi Fenick at (619) 525-8247 for more information.

#### **ANNUAL MEETING AND ELECTIONS**

DSAC held their annual meeting and elections on Wednesday, January 13, 2016. Board members and officers for 2016 are:

Chair Peter Ballantyne
Vice Chair Richard Gilbert
Secretary Renee Cookson
Treasurer Deatriz Cook

Returning Board members for 2016 include Kurt Farrington, Shirley Hesche, Meagan Nunez, Anita Paredes, Eleanor Tamayo, Lin Taylor, Betty Templeton and Cecily Thornton-Stearns and William Keesling as a returning general member. We look forward to another great year of supporting TRS!

#### **MEET YOUR BOARD**

Please help us in welcoming, Renee Cookson, DSAC's newly elected Secretary. Renee is employed at National alliance on Mental Illness as the Director of Community Development. She is responsible for contract compliance for San Diego County Behavioral Health Services 'contracts and funding from private and MHSA funds for all community development and outreach programs. She brings 35 years of experience in the mental health and behavioral health care field to NAMI San Diego, as a previous transfer from Las Vegas, NV where she was known for her leadership and commitment to her community. Renee graduated from the University of Southern Mississippi with a BS in Therapeutic Recreation and has been Certified Therapeutic Recreation Specialist for 35 years. She is also EGALA Certified in Equine Growth and Assisted Learning, and is a Qualified Mental Health Professional with experience in providing community based and home based Psychosocial



Rehabilitation services. In addition to DSAC, her professional affiliations include San Diego Behavioral Health Services Mental Health Coalition, San Diego Suicide Prevention, San Diego Behavioral Health Services Housing Council and Peach Beach Women's. Renee is very passionate about giving back and being active in her community!

#### AMAZON SMILE FUNDRAISER

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **DSAC** when you shop at AmazonSmile. <u>Follow these easy steps:</u> Shop under your normal Amazon login at smile.amazon.com. Once you are prompted to choose an organization to donate to, select Disabled Services Advisory Council, Inc. in San Diego, California. All proceeds will benefit TRS programs. *Every little bit counts!* 

#### **RALPHS/FOOD 4 LESS FUNDRAISER**

Thank you to everyone who has been participating in our grocery fundraising program. Ralph's requires everyone to re-enroll in the program every September 1st. Log onto <a href="https://www.ralphs.com">www.ralphs.com</a> to register or call 619-525-8247 and we will send you a letter to bring to Ralph's or Food 4 Less to register or reenroll. Our organization is Disabled Services Advisory Council and every time you shop, a percentage of your purchase will be donated to DSAC.

#### **SUMMER CAMPS**

### REGISTRATION FOR SUMMER CAMPS BEGIN SATURDAY, FEBRUARY 20, 2016 at 10:00 A.M.

Registration begins on Saturday, February 20th. You can register online starting at 10:00a.m., or at the WMB from 10:00a.m. - 2:00p.m. No registration will be taken over the phone. You must register online or in person at the War Memorial Building. Enrollment is limited. Camps fill up quickly, so register early (but no earlier than February 20). More information for each camp will be mailed upon registration. Partial scholarships for all TRS camps are available to those who demonstrate need. Scholarship forms must be on file in the WMB. Camper must have a current assessment completed prior to attending camp.

See "On-line Registration" page 3.

Cost for TRS camps: \$194.00 (City of San Diego Resident) / \$202.25 (Non-resident)

#### **CAMP AT THE BAY**

Monday-Friday, July 11-15, 9:30 a.m. to 3:00 p.m.

Campers, ages 10 to adult, with any disability will experience jet skiing, water skiing, tubing, sailing, kayaking, crafts, and more. Siblings and friends are welcome to attend. Camp meets at North Crown Point Shores Park, Corner of Moorland Dr & Corona Oriente Rd, 92109. Leader: Nick Hurd

**CODE: 24319** 

#### KIDZONE SUMMER ADVENTURE CAMP

Monday-Friday, July 25-29, 9:00 a.m. to 3:00 p.m.

Campers, ages 6 to 12, with any disability, siblings and friends, join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, daily field trips, admission, and transportation costs. Camp meets at Tierrasanta Recreation Center, 11220 Clairemont Mesa Blvd, 92124. Leader: Jenny Cavellier

**CODE: 24189** 

#### JUNIOR WHEELCHAIR SPORTS CAMP

Monday-Friday, July 25-29, 9:00 a.m. to 4:00 p.m.

Campers, ages 4-18, who have a physical impairment will enjoy learning various wheelchair sports taught by athletes trained in each sport. There will be an additional fee for transportation. Please contact ASRA at (619) 336-1806 for more information. **Registration for this camp is done through ASRA, not SDRecConnect.** 

#### CAMP WET AND WILD

Monday-Friday, August 8-12, 10:00 a.m. to 3:00 p.m.

Campers, ages 10 to adult, with any disability, siblings and friends will enjoy kayaking, surfing, games, crafts and special visitors. Camp meets at Bonita Cove. **Payment is due at registration.** Leader: Lauren Council **CODE: 24255** 

#### **INCLUSION SUPPORT**

Other day camp opportunities are available for children ages 3-12 at City of San Diego Park and Recreation centers. Go to www.sandiego.gov/park-and-recreation/centers for complete listing. Call (619) 236-7718 to request inclusion support, if needed. Requests are processed in the order received and according to staff availability. (Minimum three-week notice is needed.)

Special thanks to Torrey Pines Kiwanis Foundation, The San Diego Foundation, MADCAPS and DSAC for financial support of these camps.



Sunday, August 21st @ 1:40 p.m. vs Arizona Diamondbacks

# Includes FOOD and BEVERAGES!\* (CRAFT BEER, SODA & WATER) per ticket

\*Food service is available one hour prior to first pitch until one hour after first pitch. Beverage service is available one hour prior to first pitch through the 7th inning.

The Western Metal Building has been reserved for this year's fundraiser!

DON'T MISS THIS AMAZING OPPORTUNITY!



#### **ALL PROCEEDS BENEFIT**

Therapeutic Recreation
Services and fund recreation
programs for individuals
with disabilities!

SAN DIEGO

Tickets will be available for pick-up at the War Memorial Building (3325 Zoo Drive, 92101) closer to the event.

If you have any additional questions, please call the office at 619-525-8247.

#### **SCHEDULE OF EVENTS**

SEE PAGE 3 FOR ONLINE REGISTRATION INFORMATION LATE PICK-UP FEE AND REFUND POLICIES. CALL 619-525-8247 FOR PROGRAMS IN WHICH ONLINE REGISTRATION IS NOT AVAILABLE



ALL TEENS/ADULTS: Ages 13 and over with any disability. Some events are available for children with adult supervision.

#### **TANDEM BIKE RIDE**

Saturdays: 10:30 a.m. - 12:30 p.m.



Teens and adults, join us for some biking fun and socialization! Tandem bikes, helmets, snacks, and water are provided. Meet at the site at

10:30 a.m. Sign up ahead of time to ensure proper amount of equipment. Call Juan Razo at (619) 205-2834 in the morning to see if the ride has been canceled due to weather.

March 5: Lake Murray

5540 Kiowa Drive, 91942

April 2: Quivira Basin

Quivira Court 92109

MAY Tandem ride—Join us for Pedal to the Park (page 10)

NO ONLINE REGISTRATION Cost: \$2.00

#### **DRAMA WORK SHOP**

March 11, April 8, May 13 10:00 a.m. - 12:30 p.m.

Come join the fun of "lights, camera, action" at the War Memorial Building! Discover your own acting talents, play theater games and be a star on TV! Act like you know what you're doing!

Direct supervision is not provided.

Instructor: Chris Roze

War Memorial Building 3325 Zoo Drive, 92101



#### **VIBRATIONAL SOUND YOGA**

Friday, 3/4, 4/29, 5/6

5:30 p.m. - 6:30 p.m.

Please arrive at least 10 minutes early, wear comfortable clothes, bring a yoga mat, and/or blanket. Location: War Memorial Building (3325 Zoo Drive, 92101). Direct supervision is not provided. Space is limited.

Instructors: Morissa Lazar & Marbella Mondaca

CODE: 23628 Cost: FREE

#### **BOWLING LEAGUE**

Saturdays 11:00 a.m. - 1:00 p.m. 2/6, 2/20, 3/5, 3/19, 4/2, 4/16, 4/30, 5/14, 5/21, 6/4

This ten session league just keeps rolling forward. Cost includes two games each session, shoe rental and awards banquet for team members (guests extra fee). We meet at Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, San Diego, 92111). The end of the year awards banquet will be held on , June 25th



at the Balboa Park Club from 11 a.m. to 12:30 p.m. Cost for banquet: Players free, guests \$10.00. Guests must register in person at the War Memorial Building or online by Friday, June 17<sup>th</sup>.

Cost: \$80.00/\$10 Bowling Polo Shirt (optional)

CODE: 19962 Leader: Lauren Council

#### **SELF-EXPRESSION THROUGH ART**

Fridays: 3:00 p.m. - 4:30 p.m.

Join us for this program co-sponsored with Creative Arts Consortium. Express images hidden within using paints, colored pencils, markers, or other media without judgment or criticism. Just enjoy!

Instructor: Joan McCann

NO ONLINE REGISTRATION Cost: \$1.00

\$2.00 transaction and credit card fees will apply at check-out.

#### **SCHEDULE OF EVENTS**

#### **ZOO TICKETS**

**Tickets only** 

Sunday, April 24

9:30 a.m. - 5:00 p.m.

Grab your friends, hat, sunscreen, and camera as we enjoy a day of exotic animals at the zoo. Meet at the War Memorial Building to pick up your tickets between 9:30 a.m. - 10:30 a.m. on Sunday, April 24<sup>th</sup>. Children are welcome with a supervising adult. Direct supervision is not provided. Tickets are limited. Register online or in person by Monday, April 18<sup>th</sup>.

CODE: 23704 Cost: \$7.00

#### **PARKS FIT SAN DIEGO 2016**

<u>Challenge</u>: Walk, Run, Roll or Swim 30 miles between June 18 and August 13

<u>Reward</u>: Get fit, stay healthy & receive a Parks Fit SD t-shirt!



Join this year's Parks Fit San Diego program by visiting any

City of San Diego Park and Recreation Department facility (recreation center, pool, nature center, activity center or golf course) for a quick and easy enrollment process. Choose one activity or mix it up. Track your miles and turn them in by the due date for your Parks Fit SD t-shirt!

#### Kickoff Event - 1 mile Fun Run & Market in the Park

Saturday, June 18, 2016 at 8:00 a.m.

Morley Field, 2221 Morley Field Drive, San Diego 92104

#### Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 13, 2016 at 7:30 a.m.

NTC Park, 2455 Cushing Road, San Diego 92106

For more information:

www.sandiego.gov/park-and-recreation

Proudly Presented by:



#### PEDAL TO THE PARK



Sunday, 10:00 a.m. – 5:00 p.m.

#### From War Memorial Building to Petco Park

Join us as we pedal our way to Petco Park to watch the San Diego Padres take on the Los Angeles Dodgers. We will meet at the War Memorial Building (3325 Zoo Dr.) and ride our bikes through an 8 mile scenic route to Petco Park. After the game we will all ride our bikes back to the War Memorial Building for pickup.

CODE: 23059 Cost: \$15.00



Saturday & Sunday, June 11-12, 2016 10:00 a.m. - 5:00 p.m.

Meet nearly 200 artists in an intimate setting of original fine art, entertainment and delicious cuisines, complemented with fine wine and craft beer as you stroll the turf of Waterfront Park.

The Festival is conducted by Torrey Pines Kiwanis and benefits adaptive sports and recreation opportunities for San Diegans with disabilities. Take the opportunity to help support your community, meet special people and enjoy a wonderful day of fun and excitement!

www.sdfestivalofthearts.org

#### **SCHEDULE OF EVENTS**

Saturday, June 10 - Sunday, June 11, 2016

(includes camp site, dinner, s'mores, light breakfast, and activities)

All TRS families are welcome to join us for our second annual TRS camping trip at beautiful Mission Trails. Meet at the Kumeyaay Lake Campground at Mission Trails Regional Park (Two Father Junipero Serra Trail). Meet at **5:30 p.m.** to check in to the camp sites. Cost covers campsite, dinner, s'mores, a light breakfast, ranger led hikes and more! Campers will need to bring their own camping supplies. Don't miss this exciting opportunity. All TRS families and independent campers are welcome! Please call (619) 525-8247 for more information.



Cost: \$15.00 per person

**CODE: 24188** 

#### Join us as we hike our way through San Diego! 11:00 a.m. - 2:00 p.m.



Sunday, March 6 **Mission Bay Hike** 

Meet at N. Jetty Rd. (Mission Beach Jetty). Walk will wrap around Mission Bay and return back to the Jetty.

Sunday, March 20

**Regional Park: Oak Canyon Trail** 

Meet at Mission Trails Regional Parks Visitor Center (1 Father Junipero Serra Trl, San Diego, CA 92119).

Sunday, April 3 Los Penasquitos Canyon Trail

Meet at Canyonside Recreation Center (12350 Black Mountain Rd, San Diego, CA 92129 past the fields.

Sunday, April 17 **South Fortuna Summit** 

Meet at the dirt parking lot before Mission Trails Entrance (11440 Clairemont Mesa Blvd., San Diego, CA 92124).

Sunday, May 1 **Cowles Mountain** 

Meet at the Trailhead (Corner of Mission Gorge Rd & Navajo Rd, San Diego, CA 92119).

\$2.00 transaction and credit card fees will apply at check-out.



COST: \$15.00 for 5 week session Includes souvenir! Bring lunch or snacks.





icavellier@sandiego.gov



This group, for children ages 3 to 12, is designed to foster socialization, and social skills, to increase cognitive, physical, social, emotional, and creative skills through play and recreation.

PLEASE NOTE: FIRST-TIME PARTICIPANTS MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN.



Join us for two days of adventure. Drop-off and pick-up at SeaWorld on Day #1. Drop-off and pick-up at the War Memorial Building on Day #2. Bring a sack lunch both days. Register online by Friday, March 18th. More information to follow:

**SEAWORLD CODE: 24167** 

10:00 a.m. - 4:00 P.M. Monday, March 28

**SAN DIEGO ZOO CODE: 24168** 

10:00 a.m. - 4:00 P.M. Tuesday, March 29

Communi Meet at the War Memorial Building (3325 Zoo Drive) for playdays.

#### "SPRING FLING" PLAYDAY

Sunday, April 24 12:00 p.m. - 3:00 p.m. Spring has sprung! Be ready to have some fun at the War Memorial Building! Bring a sack lunch.

**CODE: 24169** Cost: \$7.00

#### SUPERHERO PLAYDAY

Sunday, May 15 12:00 p.m. - 3:00 p.m. Channeling all TRS superheroes. Dress up as your favorite character for this play day. Bring a sack lunch.

**CODE: 24170** Cost: \$7.00

#### KIDVENTURES OUTING

Sunday, March 6 12:00 p.m. - 2:30 p.m. Drop-off and pick-up at 2865 Sims Rd,

San Diego, CA 92106. Bring a sack lunch.

**CODE: 24165** Cost: \$15.00

#### **URBAN JUNGLE FUN PARK**

Sunday, May 1 11:00 a.m. - 2:00 p.m. Join your friends for a day of non-stop fun and adventure at this indoor playground. Drop-off and pick-up in front of Urban Jungle Fun Park (8711 Magnolia Ave #300, Santee, CA 92071). Bring a sack lunch.

CODE: 24171 Cost: \$15.00

### FAMILY CAMPINGS SEE PAGE 11 FOR DETAILS

#### INCLUSION — WE CAN ALL PLAY TOGETHER!

The City of San Diego, Park and Recreation Department has made the commitment to offer activities that include ALL individuals. Call your local recreation center to find out what activities are offered. If your child has special needs and you would like to request assistance, call Julie Gregg, (619) 236-7718 (minimum of three weeks advance notice). An assessment will be conducted to determine participant's needs.

\$2.00 transaction and credit card fees will apply at check-out.



# Kick Back Club (AGES 13-18 years old)

This group, for teens (ages 13 to 18), is designed to foster social skills, increase leisure opportunities, and create friendships in a social and age-appropriate jcavellier@sandiego.gov environment, while enhancing developmental needs.

#### **TALENT SHOW**

Friday, April 15

6:00 p.m.- 9:00 p.m.

Sign up to perform or cheer on your friends! Light refreshments will be provided. *No direct supervision*. Pay at the door.

If you wish to perform, please register no later than Monday, April 11th.

CODE: NO ONLINE REGISTRATION Cost: \$3.00

#### MISSION TRAILS HIKE

Friday, March 11

5:00-9:00 p.m.

Meet at Mission Trails Kumayaay Lake Campground (2 Father Junipero Serra Trail, San Diego, CA 92119) for an evening of hiking and exploration. Cost includes dinner.

CODE: 24172 Cost: \$5.00

#### **MOVIE NIGHT**

Friday, May 20

5:00-9:00 p.m.

Bring a blanket and wear some comfortable clothes. We will be voting on a new release that night. Cost includes dinner.

CODE: 24186 Cost: \$5.00

#### **BELMONT PARK**

Saturday, March 19

11:00-2:00 p.m.

Meet at Belmont Park for putt-putt, rock climbing and indoor laser tag! Bring money for lunch at the park. Drop-off and pick-up by the roller coaster entrance of Belmont Park.

CODE: 24173 Cost: \$20.00

#### **SAN DIEGO ZOO**

Saturday, April 23

10:00-2:00 p.m.

Meet at the War Memorial Building for a day exploring the Zoo with your friends. Cost includes ticket into the zoo and bus ride around the park. Bring a sack dinner or extra money for food at the Zoo.

CODE: 24185 Cost: \$17.00

#### MISSION BAY ADVENTURE

Saturday, May 14

11:00 a.m.-2:00 p.m.

Meet at the Santa Clara Recreation Center (1008 Santa Clara Pl, San Diego, CA 92109) for a day of adventure in Mission Bay. Bring a sack lunch.

CODE: 24187 Cost: \$5.00



#### **PLEASE NOTE:**

\$2.00 TRANSACTION AND CREDIT CARD FEES WILL APPLY AT CHECK-OUT.





This group, for adults ages 18 and older, who have a cognitive impairment, is designed to increase leisure independence, community functioning and social skills through experiential opportunities within the community and at recreation centers.

(AGES 18 AND UP)

### reation Nights

Fridays: 6:00 p.m. - 8:30 p.m.

Join us for fun, food, and friendship. If you are a new member, please set up an interview appointment prior to the meeting by calling (619) 525-8247.

Cost: \$7.00

#### CARNIVAL PARTY

Participate in various carnival style games and activities throughout the night to win tickets for a prize at the end of the evening.

Friday, March 11: Carmel Mountain Recreation Center

**CODE: 22972** 10152 Rancho Carmel Drive

Friday, March 18: War Memorial Building CODE: 22979 3325 Zoo Drive

#### **SCIENCE NIGHT**

Conduct different science activities and experiments with your friends.

Friday, April 8: Carmel Mountain Recreation Center

**CODE: 23000** 10152 Rancho Carmel Drive

Friday, April 29: War Memorial Building CODE: 23002 3325 Zoo Drive

#### **DISNEY PARTY**

Participate in various Disney themed activities and crafts.

Friday, May 13: Carmel Mountain Recreation Center

**CODE: 23003** 10152 Rancho Carmel Drive

Friday, May 20: War Memorial Building CODE: 23004 3325 Zoo Drive

#### MADCAPS ANNUAL SHOW

Saturday, March 12 4:30 p.m. - 7:00 p.m.

MADCAPS (Mothers and Daughters Club Assisting Philanthropies) Annual Charity Show. MADCAPS is excited to announce its Benefit Show for 2016, "MADCAPS, In Harmony with San Diego". Their theme focuses on local community, "where our boots are on the ground" making a difference. Limited tickets available, families encouraged to attend. Meet at Point Loma Nazarene University, Brown Chapel (3900 Lomaland Dr).

**CODE: 23005** Cost: \$5.00

#### MISSION BAY GOLF COURSE FOOT GOLF

Tuesday, May 24 7:00 p.m. - 9:00 p.m.

Footgolf is a precision sport where players kick a soccer ball into a cup in as few shots as possible. This mixes two different sports, soccer and golf. Be ready to experience the entire 18 hole golf course while trying to kick the soccer ball in the hole.

**CODE: 23006** Cost: \$17.00



#### SEE PAGE 11 FOR DET

#### **PLEASE NOTE:**

\$2.00 TRANSACTION AND CREDIT CARD FEES WILL APPLY AT CHECK-OUT.



# ndependent Club (AGES 21 AND UP)

The Club, for individuals ages 21 and over with cognitive impairments or brain injuries, is designed to promote independence as members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the "buddy system" on outings. Members are required to attend Club meetings on a regular basis in order to attend outings. New members must sign up and attend a Club meeting before attending an outing. **Minimal staffing is provided at Club functions.** 

## Club Meetings

Fridays: 6:00 p.m. - 9:00 p.m.

Join us at the War Memorial Building for an evening of dinner and activities. If you are a new member, please set up an interview appointment prior to the meeting by calling (619) 525-8247.

Cost: \$7.00

#### AROUND THE WORLD MEETING

**March 4:** Explore different cultures and cuisines from different countries.

**CODE: 23009** 

#### **PIRATE MEETING**

**April 29:** Ahoy Mates, Ye be invited to hang out fer some swashbuckling fun.

**CODE: 23010** 

### NO MEETING IN MAY ATTEND THE OVERNIGHT TRIP!

#### **OLD TOWN AND DINNER**

Wednesday, March 16

5:00 p.m. - 8:00 p.m.

Take a stroll through historic Old Town before having dinner at O'Hungry's Restaurant. Drop-off and pick-up at the corner of Heritage Park (Harney St and Juan St.)

CODE: 23011 COST: \$10.00

#### **MOVIE NIGHT**

Tuesday, April 12

5:00 p.m. - 10:00 p.m.

Meet at the Mission Valley Mall for dinner and a movie with your friends. Meet between Outback and Target and remember to bring extra money for dinner.

CODE: 24309 Cost: \$10.00

#### **PLEASE NOTE:**

\$2.00 TRANSACTION AND CREDIT CARD FEES WILL APPLY AT CHECK-OUT.

# Big Bear Overnight Trip MAY 6-8, 2016 (FRIDAY-SUNDAY)

Drop-off at the War Memorial Building at 1:00 p.m. on Friday, May 6th. Pick-up at the War Memorial Building at 4:00 p.m. on Sunday, May 8th.

Price includes a 3 day 2 night stay at the Wolf Creek Resort at Big Bear Lake. All rooms include Queen Size beds. If you do not wish to share a bed with another member (same gender only), please bring a sleeping bag. Price includes 5 meals (Friday dinner, 3 meals on Saturday and breakfast on Sunday). Optional activities on Saturday afternoon available for additional cost (approx. \$15 per person).

YOU DON'T WANT TO MISS THIS ONE!

CODE: 22892 Cost: \$150 per person



# Leisure Seekers (AGES 18+)

This group provides recreational opportunities, teaches leisure skills, increases socialization and self-esteem for individuals recovering from mental illness or behavioral health disorders. Individuals 18 and over, day treatment programs, board and care facilities, and drop-in centers are welcome to attend.

#### **SOCIAL CONNECTION**

Thursdays: 2:30 p.m. - 5:00 p.m. (\*Please note time change)

**CODE: 23664** 

We meet the first Thursday of the month at the War Memorial Building. This is a wonderful opportunity to make new friends and socialize! Register online or call by Wednesday (deadline) prior to program and pay at the door. Call (619) 525-8247 to register.

Cost: \$4.00

War Memorial Building 3325 Zoo Drive, 92101

#### ST. PATRICK'S DAY

**March 3:** Celebrate St. Patrick's Day by enjoying a delicious baked potato bar and an Irish dessert. Test your luck with card games and bingo. Be sure to wear green!

#### **EARTH DAY**

**April 7:** We are celebrating Earth Day a little early this month by enjoying the great outdoors. Join us for recycled crafts activities and learn how you can help make our Earth a better place.

#### **PAINTING DAY**

**May 5:** April Showers bring May Flowers! We will start off the afternoon with a painting activity. Everyone will have a single starting point and will be provided with the instruction and proper steps to create a work of art that can be created only by you.

## CAMPING TRIP

SEE PAGE 11 FOR DETAILS

#### **SOFTBALL LEAGUE**

Wednesdays: 10:00 a.m. - 1:00 p.m. 3/2, 3/16, 3/30, 4/13, 4/27, 5/11, 5/25, 6/8

Come cheer on the teams as the games continue at Morley Field in Balboa Park. Who will win the sportsmanship award this year?

Code: 19959 Cost: \$50.00 team/\$5.00 individual \*Space is limited to the first 8 teams

#### **SOFTBALL AWARDS BBQ**

Wednesday, June 22nd 10:00 a.m. - 1:00 p.m. Mark your calendars for our awards celebration beginning with leisurely softball games, then enjoy a BBQ lunch and award ceremony held at Morley Field. Bring lawn chairs and sunscreen! Sign up and register you and your guests by Monday, June 15<sup>th</sup>.

BBQ Cost: \$4.00/player and guest



#### **PLEASE NOTE:**

\$2.00 TRANSACTION AND CREDIT CARD FEES WILL APPLY AT CHECK-OUT.



# Leisure Seekers (AGES 18+)

This group provides recreational opportunities, teaches leisure skills and increases socialization and self-esteem for individuals recovering from mental illness or behavioral health disorders. Individuals 18 and over, day treatment programs, board locuncil@sandiego.gov and care facilities, and drop-in centers are welcome to attend.

### Community Opportunities

#### Register online or in person by deadline

#### **BALBOA PARK MUSEUMS**

Tuesday, March 15th

11:00 a.m. - 3:00 p.m.

Join us for an afternoon at beautiful Balboa Park. Bring a bag lunch as we will be meeting at the Organ Pavilion for lunch. Our next stop will be the Japanese Friendship Garden where we will enjoy a Zen garden, koi pond, and bonsai exhibit. We will then walk over to the Museum of Man for our last stop. The cost is free, but you must register online or call (619) 525-8247 to sign up by Friday, March 11th.

Code: 23668 Cost: FREE

#### **COMEDY NIGHT**

Saturday, May 14<sup>th</sup>

7:00 p.m. - 10:00 p.m.

Join us for a night of laughs at Comedy Heights at the Twiggs! We will meet at Twiggs Coffeehouse at 4590 Park Blvd. San Diego, 92116. Bring extra money to purchase food and beverages. The cost is free, but



you must register online or call (619) 525-8247 to sign up by Wednesday, April 6th. Spaces are limited.

Code: 23668 Cost: FREE

#### **PLEASE NOTE:**

\$2.00 TRANSACTION AND CREDIT CARD FEES WILL APPLY AT CHECK-OUT.

#### **CABRILLO NATIONAL MONUMENT**

Wednesday, April 20th

12:00 p.m. - 3:30 p.m.

Let's spend an afternoon at beautiful Cabrillo National Monument. We will start our day off with lunch before going on a guided Nature Walk to explore the natural and cultural history of the park. Bring your own lunch, water bottle, and wear comfortable clothes & shoes for the nature walk. The cost is free, but you must register online or by calling Lauren at (619) 236-7755 to receive your educational fee waiver and parking permit. Contact Lauren for more information if you plan to take transit to the park. If tides are low, there will be an optional tour of the tide pools accessible by cars only. All participants are responsible for finding their own transportation to the tide pools.

CODE: 23668 Cost: FREE



**NAMI Tech CAFÉ** 





# Adaptive Sports (AGES 8+)

Adaptive programs (designed for individuals with physical disabilities) promote health and fitness by working on increasing cardio-vascular endurance, upper body strength, wheelchair mobility skills, and leisure independence in a recreational environment.

#### **HANDCYCLING**

Saturdays, 10:00 a.m. - 12:30 p.m.

Join us as we pedal our way through some of San Diego's most beautiful bike trails. Handcycling is a fun way to meet people and explore San Diego, while building strength and endurance. This program is for people from 8 years old to adults with a physical disability. The cost covers equipment and maintenance of bikes. Please register online at www.SDRecconnect.com.

**CODE: 22971** 

**April 9:** North Crown Point Shores — (3740 Corona Oriente Rd. 92109)

April 23: Silver Strand— (1834 Strand Way, Coronado 92118)

May 7: Mission Bay Park— (3101 Mission Blvd., San Diego 92109)

May 14: Miramar Lake— (10304 Scripps Lake Dr, San Diego 92131)

June 11: De Anza Cove— (4200 Mission Bay Drive, San Diego 92109)

June 25: North Crown Point Shores—(3740 Corona Oriente Rd. 92109)

Cost: \$25.00/6 week session or \$8.00 if you bring your own bike.

#### **ADAPTIVE SPORTS**

Thursdays, 5 p.m. - 8 p.m. Municipal Gymnasium (2111 Pan American Way)

Join us once a week for a good workout while having fun playing different adaptive sports. If you do not have a sports wheelchair, no problem, we will lend you one so you are able to experience the amazing feeling of playing adaptive sports. This is a completely free program, so come out and have fun!

No online registration



See page 19 for more Adaptive Sports programs

\$2.00 transaction and credit card fees will apply at check-out.

Cost: FREE!

## Adaptive events

Adaptive programs (designed for persons with physical disabilities) promote health and fitness bv working on increasing cardio-vascular endurance, upper body strength,

wheelchair mobility skills, and leisure independence in a recreational environment.

#### **YES, YOU CAN DANCE!**

Thursdays: 10:00 a.m. - 12:00 p.m.

May 5 - June 23

JOIN US for a *complimentary*, 8 week wheelchair dance session and enjoy dancing and socializing. The program is led by Joe Torres, a professional dance teacher and the Dance Director of WheelchairDancers.Org. We encourage all ages, 18 & over to participate. There are a limited number of customized wheelchairs available for those using walkers or wheelchair users who can transfer. Space is limited. Call Beverly Weurding at (858) 573-1571 to register.

Location: Park De La Cruz Gym (3911 Landis Drive)

www.wheelchairdancers.org Cost: Free

**CODE: 21342** 





#### **DEAF SENIORS CLUB**

Thursdays: 10:00 a.m. - 3:00 p.m.

This club, for seniors who are deaf or hard of hearing, meets every Thursday at the War Memorial Building for social and recreational activities. along with fellowship. Enjoy a variety of table and card games, as well as bingo. Donuts and coffee are served, and members bring a sack lunch. New members are always welcome.

> Cost: \$3.00/week NO ONLINE REGISTRATION



#### **BEACH WHEELCHAIR**

Take a free one-hour ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility disabilities or those who are not otherwise able to walk unaided on the beach. Reservations are not required, but are recommended.



#### Closed January - February

#### March - April/November - December

Friday, Saturday, Sunday 11:30 a.m. - 3:30 p.m.

#### May - October

Monday, Wednesday-Friday 11:30 a.m. - 4:30 p.m. Saturday-Sunday 11:30 a.m. - 5:30 p.m. **Closed Tuesdays (May - October)** 

To reserve, please call (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.



# People in Recovery (PIR) (AGES 18+)

This program is designed to increase personal growth, self-esteem, independence and confidence through participation in a variety of recreational activities for individuals 18 and older recovering from drug and alcohol addictions. Call (619) 525-8247 for more information.

#### **RECOVERY GAMES MEETINGS**

Wednesdays: March 23, April 27, May 25 10:00 a.m. - 11:00 a.m.

Join us and help with the development of the Recovery Games programs and events. All recovery homes are encouraged to have a representative attend our meetings and give input based on the benefit of the program. Meetings will be held on the fourth Wednesday of every month from 10am-11am. Meetings are held at the War Memorial Building (3325 Zoo Drive, 92101).

NO ONLINE REGISTRATION



#### **TABLE GAMES TOURNAMENT**

Friday, March 25

5:00 p.m. - 10:00 p.m.

**Cost: Free** 

It's that time again! Show off your skills in our annual Table Games Tournament at the War Memorial Building. Medals will be awarded to the top three players in each game. The games will be: Pinochle, Spades, Chess, Scrabble, Checkers, Dominoes, Backgammon, and Connect Four. Lighthouse will once again provide their very good chilli for dinner. You must be 18 years or older to attend. To register or if you have any questions please call (619) 525-8247.

NO ONLINE REGISTRATION Cost: \$3.00/person

#### 3 on 3 BASKETBALL TOURNAMENT

Municipal Gymnasium (2111 Pan American Way)

Sunday, April 10

9:00 a.m. - 1:00 p.m.

Ready to hoop it up? We are hosting our annual 3 on 3 basketball tournament at Municipal Gym (2111 Pan American Plaza). There will be 3 division, Men's 18+, Men's 40+, and Women's. A trophy will be awarded to the top three teams of each division.

CODE: 23039 Cost: \$15.00 per team

#### **FUN IN THE SUN**

Morley Field (2221 Morley Field Drive)

Wednesday, May 18

10:00 a.m. - 2:00 p.m.

Lets enjoy the sun as we have some fun in the park. We have a few games and competitions planned for everyone to enjoy. The event will take place at Morley Field (2221 Morley Field Drive). Please bring your own lunch. Activities include softball, football, volleyball, watermelon eating contest, tug of war, table games, and an ice cream making station.

NO ONLINE REGISTRATION Cost: \$1.00 per person

#### **RECOVERY GAMES DANCE**

War Memorial Building (3325 Zoo Drive)

Friday, May 27

7:00 p.m. - 11:00 p.m.

Come celebrate the Recovery Games and be part of a fun positive environment where you can socialize with great people and dance to great music. The dance is at the War Memorial Building (3325 Zoo Drive). Only people 18 years or older will be allowed to enter the dance.

CODE: 23066 Cost: \$3 pre-pay/\$5 at the door

\$2.00 transaction and credit card fees will apply at check-out.

#### **COMMUNITY EVENTS**

TRS is proud to collaborate with several community agencies to provide more leisure and recreation opportunities for all. Don't miss these great events happening.



CONTACT: Peg Dermody Office: (619) 336-1806

www.adaptivesportsandrec.org. Weekly adaptive sport team practices are held Tuesdays,

Wednesdays, and Saturdays throughout the county.



**CONTACT: Allie Margis** San Diego County Program Manager

Office: (619) 283-6100, www.sosc.org/sandiego Weekly sport team practices are held Tuesdays, at the City Heights Mid City Gymnasium.

#### WHEELCHAIR TENNIS

Every Tuesday and Thursday the Barnes Tennis Center, 4490 W. Point Loma Blvd., San Diego, 92017, hosts free tennis lessons from 6:00 to 9:00 S p.m. Every other Tuesday there is a **D** professional instructor onsite.



Call (619) 221-9000 for information.

CONTACT: Walter Jackson

Executive Director

RTS sds4ea@gmail.com, (858) 565-7432 Sporting opportunities are held throughout the week at various City of

San Diego Park & Recreation Centers.

#### SANDI-CAN

Tuesdays: 10:30 a.m. - 12:00 p.m.

Action Network that develops community partnerships that work on projects that enhance the lives of older adults and adults with disabilities living in the neighborhoods within the City of San Diego.

Our vision is that older adults and adults with disabilities and those who care for them are able to maintain their purpose, voice and independence, living healthy, safe and fulfilling lives with dignity and respect. Our mission is to be San Diego City's consumer and service provider network, collectively advocating for and affecting policy changes to ensure the equality and advancement of older adults and adults with disabilities. Meetings are at the War Memorial Building, are open to the public and there is no charge.

> For more information call Brian Rollins at brian.rollins@sdcounty.ca.gov or Call (858) 505-6305

#### SUSIE'S DANCE PARTY

Weekly dance parties are held at the Carmel Mountain Recreation Center, 10152 Rancho Carmel Drive. Saturdays, 4:15-7:00 p.m. Cost: \$12.00-15.00

CONTACT: Susie D'Agostino

Susiedanceparty@aol.com, (619) 303-4865

#### STARS ACTING WORKSHOP

Weekly dramatic arts classes for adults with developmental and/or cognitive challenges. Check us out at northparkvaudeville.com

> CONTACT: Summer Golden zgolden1@cox.net, (619) 647-4958

#### 12TH ANNUAL RACE FOR AUTISM

Start: Saturday, March 19, 2016

Time: 7am - 11am

Address: Balboa Park - 6th Ave & Laurel Ave. San

Diego, CA 92101 Fees: \$20 - \$40

Join us to celebrate making a difference for thousands of San Diego families. because everyone can be a SUPERHERO FOR AUTISM!

100% of Race donations stay right here to support San Diego autism programs, services and hundreds of local classrooms.

Featuring: 5K chip-timed run or walk, 1-mile SUPERHERO Family Fun Walk, scenic Balboa Park resource course, educational fair, children's activities. music. super capes for kids. commemorative medals, t-shirts, prizes, refreshments and more! Costumes and strollers welcome! Be a Hero for those with Autism!

Register today at raceforautism.org





**Marisol Mendoza** mamendoza@sandiego.gov

### Volunteer Opporunties (AGES 13+)



A variety of volunteer opportunities are available for those ages 13 and above, including students who need service hours. Therapeutic Recreation Services offers an outstanding internship program for college students majoring in therapeutic recreation.

We are grateful for all of our wonderful volunteers who dedicate so much time and energy to help make our programs possible. Check out this quarter's "Top Banana," an exceptional volunteer who rises above and beyond the call of duty. Please congratulate Simon if you see him at a program. Great job!









### Simon first heard of Therapeutic Recreation Services through his und who volunteered with us for many

Simon first heard of Therapeutic Recreation Services through his uncle years. He needed to complete

volunteer service hours for school back in 2008 and he never left! Since then he has completed over 500 hours! Simon enjoys working with everyone at TRS from his fellow volunteers and staff, to the participants. He feels they all play a crucial part in making our programs wonderful and positive experiences for the participants. In his free time, Simon enjoys exploring on his bicycle or his motorcycle and when he's not on two wheels, he loves discovering new music, cooking, eating, playing any sport, reading, dancing, racing, and of course volunteering at TRS! Simon recently acquired a harmonica. Catch him playing at a TRS event near you!

#### CITY WIDE VOLUNTEER RECOGNITION EVENT

**SAVE THE DATE:** Saturday, April 9<sup>th</sup>, 9:30 a.m. - 11:30 a.m.

LOCATION: Speckles Organ Pavilion / Balboa Park Pan American Rd. E, San Diego, CA 92101

There will be entertainment, Mayoral Awards, Civic Dance, Park Ranger Tours, lunch for volunteers and their families!

#### Interested in becoming an ongoing volunteer, what's next?

#### Required to

- Attend a volunteer orientation
- Clear background check
- Commit to one or more events each month
- Work an average 10-20 hours monthly

#### Qualifications

- At least 13 years old
- Must have patience
- Enjoy working with people
- Be dependable and flexible
- Have the desire to work with a diverse population
- Energetic, enthusiastic, and a desire to have fun

#### **Volunteer Assignments**

- Assist with supervision of participants with disabilities during dances, community outings, sporting events, summer camps, and more!
- Set-up equipment for activities and events
- Prepare meals for programs
- · Provide hands-on assistance during activities
- Perform various office duties



#### **Please contact the Volunteer Coordinator at:**

(619) 236-7753, or e-mail MAmendoza@sandiego.gov, if you are available to help with any of the listed activities or to sign-up for an orientation.

#### **Happy Birthday!**

to all volunteers with March, April & May birthdays



PRESORTED STANDARD

U.S. POSTAGE PAID PERMIT NO 134 SAN DIEGO, CA

Would you rather receive our calendar via e-mail? Email Jon at: JMRichards@sandiego.gov

Then, starting with the next calendar, you'll receive yours on your own computer.

#### "WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER [619] 525-8247 OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240). THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.